

Professionalism in Nursing

Introduction

Professionalism in nursing practice means adhering to all the roles including behaviours, values, beliefs, qualities, ethical principles, and standard codes of conduct. The main context of achieving professionalism in the nursing practice can be done with help of maintaining accountability in the practice, upholding knowledge, critical thinking, and ethical nursing practices (Manojlovich, & Ketefian, 2016). Thus, this study will outline various aspects of professional nursing on the basis of the acceptable behaviour or the attitudes. Further, the study will also describe certain key roles of the professional nurse while delivering their service in a practical scenario.

Professionalism in Nursing Practice

The main aim of professional nursing is related to the offering of adequate care in the diverse scenario. Nursing professional acquires several inter-professional as well as intra-professional challenges (Carpenter, 2018). However, many times this profession has been referred to as semi-professional carrier in the past. Gradually, development of the strict standards and the educational values along with certificates leads the nursing practice to gain professional standard. The professionalism in the nursing carrier implies multiple elements like delivering of the adequate service, collaboration with the client, co-workers, and other members of the healthcare system, endeavoring the improvement of the workplace environment and the improvement, and advocacy of the public healthcare policies (Clark, 2017). In Australia, the standards of the nursing practice are maintained by the Nursing and Midwifery Board of Australia (NMBA) and the Australian Health Practitioner Regulation Agency (AHPRA). Both of these bodies set standards or the professional nursing and interrelate the aspects of accountability, delegation, knowledge, ethical practice, delivering care based on person-centres approach, evidence-based practice and so on (NMBA, 2018).

Different Attributes Applicable in Nursing Profession

According to NMBA, maintaining accountability in nursing practice means that the nurses are accountable for decision making, behaviours, actions, and the responsibilities along with adequate documentation (NMBA, 2018). The nurses uphold the responsibility to remain accountable for acknowledging the ethical, moral, professional, and legal standards in their workplace. Moreover, they accept the responsibility of delivering safe and quality services while maintaining competence in action, compassion, and ethical manner. The nurses also require developing a healthy professional relationship with the patient and present opportunity of informed consent in every step (Lim, & Jo, 2016). The second aspect of professional nursing is being knowledgeable. Knowledge is the core concept of ensuring the professional practice which enables the nurses to identify the exact problem, opportunities, and finding the solution. This also enables application of the collaborative decision making and applying of the discretion in the practical scenario. Moreover, nurses maintain the competency and manage utilization of the knowledge through reflective practice. The nursing education also enables the nurses to learn, develop critical thinking, evaluation of the results, providing support, and acquiring knowledge from others. Additionally, nursing socialisation is an important aspect in the development of skills, positive attitudes, and behaviours which is crucial in fulfilling the adequate role (Regan, Laschinger, & Wong, 2016).

Altruism is referred to as the ability of an individual for remaining selfless and dedicates their life towards the benefits of others. The nursing profession demands certain such actions like empathy, compassion, respect, safety measures, and kindness in every step. Moreover, the nurse requires maintaining calmness while providing support to the patient and ensuring their security. In a complex situation, the profession also demands an exhibition of unending love and compassion. Thus, altruism is crucial in elements which need to be developed among the nursing profession. The

professionals require caring for the patient in certain uneventful circumstances where their own safety may be at stake. For example, the nurse require caring for a patient with a psychiatric disorder who have developed self-harming tendency, or, the nurse required to provide care and medication to the patient with the contagious disease. Thus, providing care under these circumstances leads to endangering nurses' own life. Another aspect of the nursing profession requires maintaining ethical standards in their service delivery. Nurses acknowledge the issues of public trust and uphold in their nursing profession. They also adhere to the legal and moral standards that are related to patient's rights, privacy, confidentiality, and so on. The professional remain aware of the social media and recognizes the ethical standards that are equally applicable in the case of the professionals. Additionally, the nursing standard also comprised of upholding the moral agents in the best interest of the clients.

The nursing professional requires advocating all the rights of the patient and upholding their sense of dignity. Nurses endeavor for the promoting of client's preferences and guarantee the delivering of the best services. Many studies emphasized personal values such as responsibilities, respect, and obligations are completely dependent on the moral attitudes of nursing professionals (Freeman, & Jauvin, 2019). One of the important aspects of professional nursing is establishing a collaborative environment while providing care to the patient. The effective collaboration in the healthcare system could be maintained with the help of developing effective communication among professionals. Many studies reported that the lack of communication leads to grave incidences of medical error that have the potential of causing severe harm to the patient (Foronda, MacWilliams & McArthur, 2016). Thus the effective clinical practice requires sharing of the critical information related to the patient among the entire care provider. In order to achieve this, nurses are responsible for the establishment of a collaborative environment in their workplace. Additionally, delivering of the

nursing care in critical environments like the emergency department and ICU creates emotional and psychological distress among the nurses due to the severe condition of the patient. In such a situation, the nurse requires to develop resilience and adequate coping up mechanism. Furthermore, they require providing support adequate support to the patient as well as their family members (Hunsaker, Chen, Maughan, & Heaston, 2015). Thus, the professionalism in nursing requires addressing of multiple attributes and evolutionary approaches.

Conclusion

This study described the various aspect of professionalism in nursing practices. The study discussed the importance of various attributes like maintaining accountability, knowledge, autonomy of the patient, advocacy, innovative approaches, collaboration, ethical, moral and legal values. Moreover, this also expressed the aspects of maintaining professionalism while working on an adverse situation. It is suggested that nurses must uphold all the professional standards and integrate it into their personal and professional practices.